

# Plan the Generation of the Al Qur'an Memorizers Since 1000 First Day of Life; Study Based on Al Qur'an and Nutrition Science

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## Abstract

The critical period for the formation of the fetal brain is from the 8th day to the end of the 7th week of pregnancy. The formation of a child's brain cells begins in the first 1,000 days of life. To produce children who memorize the Qur'an, preparations must be made from this phase. The method of writing this article uses literature study, namely studying various literature that discusses how to produce generations of memorizers of the Qur'an from an early age starting from the beginning of a mother's pregnancy which is studied from the perspective of nutritional factors and child intelligence and refers to verses in the Al-Qur'an 'an. The results of the research there are several things that must be done, namely ensuring a balanced nutritional intake during pregnancy and consumption of vitamins. Gynecological examination to the midwife or obstetrician at least 4 times during pregnancy. Exclusive breastfeeding is given for 6 months, breastfeeding until the age of 2 years which is supplemented with complementary foods (MP-ASI). Nutritious food in sufficient quantities can maintain milk production and the baby grows healthy. Weigh babies routinely every month at Posyandu and basic immunization is mandatory. Good education and teaching the Qur'an to children from an early age. The pattern of parenting and stimulation of children is in accordance with their growth and development. Regulating the spacing of pregnancies and maintaining sanitation and hygiene so as not to get infected and diarrheal diseases.

## A. Introduction

Today we find Muslims, especially in Indonesia, so interested in and glorifying the Qur'an. One of the expressions of loving the Qur'an is memorizing it. Therefore, we can find educational centers that specifically print their students to become hafiz. Generally, the center of this kind of activity is in traditional Islamic boarding schools (pesantren huffaz) (Romdhoni, 2015).

Tahfidz house institutions that teach children to read and memorize the Qur'an from an early age have mushroomed in Indonesia. Having children who memorize the Qur'an has its own priority for their parents, so there are many parents who want their children to become memorizers of the Qur'an by sending their children to study at the tahfidz house institution. A hadith about the virtues of memorizing the Qur'an is a motivation for parents in this regard, namely: From Buraidah radhiyallahu 'anhu, the Prophet sallallahu 'alaihi wa sallam said, "Whoever memorizes the Qur'an, studies it and puts it into practice, Allah will give his parents a crown from a light as bright as the sun. And his parents will be given two clothes that the

world cannot judge. Then his parents asked, "Why did I get dressed like this?" Then it was conveyed to him, "Because your son has practiced the Qur'an." (Narrated by Hakim 1/756 and Hasan al-Abani)

There is no doubt that a person who memorizes the Qur'an, puts it into practice, behaves with morals, behaves with it at night and day is the best choice of people. They belong to the sahib of the Qur'an (Shabat, owner and family of the Qur'an). Becoming a sahib of the Qur'an is a blessing for human life. People who study, memorize and practice the Qur'an are among the chosen people of Allah SWT to receive the inheritance of the holy book of the Qur'an. Reading and memorizing the Qur'an will bring benefits and get a reward (Yunus et al., 2019). As the word of God in Q.S. al-Fathir/35: 32. "Then We gave the Book as inheritance to those whom We choose from among Our servants. Then of them are those who wrong themselves (their own soul), and of them are those who are Muktesit (those who take the middle course). And of them are those who are foremost in deeds of goodness by Allah's Permission. That that is a great Virtue!"

Thus the virtues that will be obtained by a child when they become memorizers of the Qur'an, so for parents who want their children to memorize the Qur'an, this should be prepared from the first 1,000 days of life, namely during the first day of a mother's pregnancy. , where a pregnant woman who has good health status, does not suffer from anemia and whose food intake is sufficient for her nutritional needs during pregnancy, will give birth to a healthy baby and have a great opportunity to grow and develop optimally.

The development of the world of education cannot be separated from the emergence of Integrated Islamic Elementary Schools that offer the concept of memorizing the Qur'an. According to research Nugroho and Kristiawan (2021) the biggest motivation for parents in choosing education for their children at SDIT is because of the 93% Al-Qur'an memorization program. This phenomenon makes most parents compete to send their children to school with the tahfidz qur'an program and provide additional tutoring to memorize the qur'an in the afternoon. The efforts made by these parents will be maximized if it has been planned since the first 1,000 days of the child's life, so that the child's growth and development will be maximized and can memorize the Qur'an better.

The quality of a healthy and intelligent generation of the nation is determined by the growth and development of the golden period. The golden period is a term to define the first 1,000 days of life. The first thousand days of life is the initial period of life while still in the womb until the first 2 years of life. The first thousand days of life are important because at that time, the conditions for growth and development of children are very fast and rapid so that it will have an impact on health in the future (Sudargo et al., 2018).

The age of 0-2 years is a golden period for human growth and development known as the "golden age", because at that age there is rapid growth. The 0-2 year aged period is also the period of the first 1000 days of life, which starts from conception until the age of two years after birth, where this period is one of the determinants of human quality (The World Bank, 2006).

## **B. Research Methods**

This paper is a literature study that discusses how efforts to produce generations of memorizers of the Qur'an from an early age starting from the beginning of a mother's pregnancy are examined from the point of view of nutritional factors and child intelligence and refer to verses in the Qur'an which instruct people to pay attention to food.

## **C. Result and Discussion**

### ***1. First 1000 Days of Life***

Since the 1000 days between pregnancy and the age of two years is a Window of Opportunity, namely a short opportunity to do something profitable. A diet rich in nutrients will help children grow to meet the needs of optimal physical and cognitive potential (Barker, 2007).

Maternal prenatal nutrition and the child's nutrition in the first 2 years of life (1000 days) are crucial factors in a child's neurodevelopment and lifelong mental health. Child and adult health risks, including obesity, hypertension, and diabetes, may be programmed by nutritional status during this period. Failure to provide key nutrients during this critical period of brain development may result in lifelong deficits in brain function despite subsequent nutrient repletion (Schwarzenberg & Georgieff, 2018).

The process of human creation in the womb is described in the Qur'an surah al-Mu'minin verses 12-14. "And, verily We have created man from an essence (derived) from the ground. Then We made the essence

of semen (stored) in a firm place (womb). Then We made the semen a clot of blood. Then We made that lump of blood into a lump of flesh and We made that lump of flesh into bones. Then, we wrapped the bones in meat. Then We made him a different (shaped) creature..."

In a hadith Rasulullah SAW said, "One of you is placed in his mother's womb for forty days, then becomes `alaqah during that time (40 days), then becomes mudghah during that time (40 days); then Allah sent an angel and ordered four sentences (things), and it was said to him: Write down his deeds, sustenance and death, as well as woe or happiness-(his); then the spirit is breathed into him." (Hadith narrated by Imam al-Bukhari from `Abdullah).

Children born in conditions of good nutritional status, is an early manifestation that is favorable for the development of intelligence in the future. And with good intervention and stimulus, it is hoped that children can memorize the Qur'an as their parents aspire to.

## **2. Children's Brain Intelligence Development in the First 1000 Days of Life**

The first thousand days of life include the period in the womb, the period of exclusive breastfeeding, and the period of breastfeeding and complementary feeding. If this important period is not paid attention to properly, the chances of getting growth and development disorders will be greater when compared to those who get serious attention. Disturbances in the first 1,000 days of life affect a child's future growth and development and the majority are permanent (Kementerian Koordinator Bidang Kesejahteraan Rakyat, 2013).

To achieve good growth and development, adequate nutrition is needed. Food that is not good in quality and quantity will cause malnutrition. Undernutrition can cause growth and development disorders, especially in development, which can lead to changes in brain structure and function. The human brain undergoes remarkable structural and functional changes between the 24th and 42nd weeks after conception. This development continues after birth until the age of 2 or 3 years, the fastest period of the first 6 months of life. Thus the growth of brain cells lasts until the age of 3 years (Georgieff, 2008).

The reason why the first 1,000 days of life are important is that at that time the growth and development of children is at a risk. At that time, especially in the womb, important organs begin to form and develop. After that, the period of 2 years after birth is the time when the child begins to adapt to his environment, develops and begins the functioning of the organs, and is the peak of the development of the child's cognitive function. The first thousand days become risky for children to experience disturbances, especially due to insufficient or excessive intake of nutrients. These two things are certainly not good for children's health. In Indonesia, what happens is lack of nutrient intake (Sudargo et.al., 2018).

The size of a child's brain cells that are well developed can store memory and memorization strongly. Children who have good nutritional status who have been prepared since the first 1,000 days of life will find it easier to memorize the Qur'an.

The impact of nutritional disorders in the golden period is that it can inhibit the growth and development of brain cells which will result in non-optimal brain function in the future. If this disorder occurs in the long term and is not treated immediately, it will have an impact on the cognitive ability or level of intelligence of a child so that it will affect the child's learning achievement.

Efforts are made to prevent nutritional disorders in the first 1,000 days of life by consuming balanced nutritious foods in sufficient quantities because the growth and development of all organs of the body requires all the nutrients needed to: form body cells, build tissues and organs, meet energy requirements for growth and regulate all processes of growth and development of organs. Balanced nutrition must be met in every stage of growth and development of body organs.

The following are interventions that must be carried out in the phases of the first 1000 days of a child's life:

### **a. First Phase (0-280 Days)**

A mother who will plan a pregnancy program must have a good health condition and do not experience anemia as indicated by the hemoglobin level in the mother's blood measured above 11 mg/dl. The size of the upper arm circumference (LLA) of a prospective pregnant woman must be > 23.5 cm, as an indicator that the mother does not have a chronic energy deficiency condition (KEK).

During pregnancy, a mother needs additional nutrient intake that is greater than her pre-pregnancy needs. The addition of this nutrient intake increases with gestational age. The following is an additional table of nutritional requirements during pregnancy:

**Table 1.** Additional Maternal Nutrient Needs During Pregnancy

No	Trimester	Macro Nutrient Needs			
		Energy (calories)	Protein (grams)	Carbo Hydrates (Grams)	Fat (grams)
1	Trimester I	+180	+1	+25	+2.3
2	Trimester II	+300	+10	+40	+2.3
3	Trimester III	+300	+30	+40	+2.3

There is an addition of 300 calories each trimester to provide additional intake for the fetus in the mother's womb. The food eaten must be nutritionally balanced and the food diverse, because there is no one type of food that contains all the existing nutritional elements (as many as 48 types of nutrients), to meet all the nutritional needs that the body needs, we must eat various types of good food. vegetable and animal sources.

A study on vegetarians conducted by [Nugroho & Sartika \(2018\)](#) showed that a vegetarian diet pattern that avoids animal protein sources for a long period of time will cause pernicious or megaloblastic anemia as indicated by increased levels of MCV in the blood which have an impact on health status, namely pale and heavy. decreased body. Pregnant women are not advised to follow a vegetarian diet. In addition, during pregnancy the mother must take 90 tablets of Fe and check the contents regularly at the Posyandu or other health facilities.

#### ***b. Second Phase (After the Baby Is Born)***

Birth weight is a strong predictor of future human body size. This is because most Intrauterine Growth Retardation (IUGR) babies cannot catch up with their growth period to grow normally like other normal children ([Oktarina, 2012](#)). Based on the results of 12 studies showing growth data for IUGR infants, it is stated that these babies cannot pursue optimal growth during the first two years of their lives ([Allen, Lindsay H, 2001](#)). Babies with birth weight below 3000 grams are 3 times more likely to be stunted compared to babies with normal birth weight (3000-3500 grams) ([Varela et al., 2009](#)). Children with a birth weight of less than 3000 grams have a risk of becoming stunted 1.3 times compared to children with a birth weight of more than 3000 grams ([Simanjuntak, 2011](#)).

After the baby is born healthy and has a good nutritional status, the next steps are as follows:

##### ***1. Exclusive Breastfeeding***

Exclusive breastfeeding is the most effective intervention to prevent child mortality. According to the Demographic Health Survey, exclusive breastfeeding rates have declined over the past decade. Today, only a third of Indonesians exclusively breastfeed their children in the first six months. There are many barriers to breastfeeding in Indonesia, including family members and unsupportive health workers. Some mothers also fear that breastfeeding will be painful and impractical, but one of the biggest obstacles is the misunderstanding of the term 'exclusive' ([Unicef, 2012](#)). Surah Albaqarah Verse 233: "And mothers should breastfeed their children for two whole years, for those who want to breastfeed perfectly".

UNICEF and WHO recommend exclusive breastfeeding until the baby is six months old. After that, the child is given solid and semi-solid food as additional food in addition to breast milk. Exclusive breastfeeding is recommended in the first few months of life because breast milk is not contaminated and contains many nutrients needed by children at that age. Early introduction of foods that are low in energy and nutrients or prepared in unhygienic conditions can cause children to be malnourished and infected with foreign organisms, resulting in low resistance to disease among children ([Pusdatin Kemenkes RI, 2014](#)).

**Table 2.** Maternal Nutrient Needs During Breastfeeding

No	Trimester	Macro Nutrient Needs			
		Energy (calories)	Energy (calories)	Energy (calories)	Lemak (Gram)
1	First 6 months	+3 30	+20	+45	+2.2
2	Second 6 months	+400	+15	+55	+2.2

##### ***2. Provide Basic Immunization***

According to research conducted by [Nugroho \(2019\)](#), immunization status affects the growth and development of a child. Babies who get complete immunizations, their immune systems will be more immune to various infectious diseases so that babies avoid infectious diseases. Babies who are free from

infectious diseases will have a better digestive process and can absorb the nutrients in their food well, so that the baby's nutritional status will be good. As we know, that in society there are still different understandings of immunization, so that there are still many infants and toddlers who do not receive immunization services. The reasons given by parents regarding this were because their children were afraid of heat, often got sick, the family did not allow it, the immunization place was far away, did not know where the immunization was, and was busy. Therefore, immunization services must be improved at various levels of service units (Kemenkes RI, 2015).

The following table lists the basic immunizations that must be given to infants:

**Table 3.** Basic Immunization

Immunization	Giving Age	Amount of Giving	Minimum Interval
Hepatitis B	0-7 Days	1	-
BCG	1 month	1	-
Polio/IPV	1,2,3,4, month	4	4 weeks
DPT-Hb-Hib	2,3,4 months	3	4 weeks
Campak	9 months	1	-

*Source: Dirjen PP dan PL Depkes RI Tahun 2013*

### 3. Regulation of Infant and Child Food

Babies need nutrients in food with different needs according to their age. For example, in infants aged less than 4 months, the need for nutrients is different from babies aged over 4 months. According to Karjadi, many researchers pay attention to brain development which is closely related to mental development and thinking skills. A child's brain tissue that grows normally will reach 80% of the weight of an adult's brain before the age of 3 years, so that if at this time there is a lack of nutrition, it can cause physical and mental disorders. Malnutrition causes interference with antibody production in the body. The decrease in the production of certain antibodies will make it easier for germs to enter the body such as the intestinal wall. The intestinal wall can degenerate and can also interfere with the production of various enzymes for the digestion of food. Food cannot be digested properly and this will interfere with the absorption of nutrients so that it can worsen the nutritional state (Pusdatin Kemenkes RI, 2014).

To find out the amount of nutritional needs in infants aged 0-12 months, the following table is shown in the table below which describes the need for energy and protein for infants according to their age group:

**Table. 4** Nutritional Adequacy Rate (RDA) for Children 0-12 Months

Age group	Weight (kg)	Height (cm)	Energy (kkal)	Protein (gram)	Carbo hydrate (gram)	Fat (gram)
0 – 6 Month	6	61	550	12	58	34
7 -11 Month	9	71	725	18	82	36

*Source: (AKG, 2013)*

According to WHO, complementary feeding is an important process that prioritizes the readiness of infants to welcome complementary foods to breast milk. Many mothers are confused about how and what food to give to babies. In some cases there are still many mothers who give complementary foods under the age of 6 months. According to WHO MPASI guidelines, MPASI should be given at 180 days or 6 months of age. As we age, there is a void in the supply of energy and nutrients that cannot only be obtained from breast milk (Tumpi Readhouse, 2015).

Several studies have stated that nutritional problems in infants and children are caused by inappropriate breastfeeding and complementary feeding habits (in terms of quantity and quality). In addition, mothers are less aware that since babies are 6 months old, they need MP-ASI in good quantity and quality (Hermina & Prihatini, 2011). At the age of 6 months, in addition to breast milk, babies can begin to be given complementary foods, because at that age babies already have a chewing reflex with stronger digestion. In giving baby food, it is necessary to pay attention to the timeliness of giving, frequency, type, amount of food ingredients, and how to make it. The existence of inappropriate baby feeding habits, including: feeding too early or too late, food given is not enough and the frequency is less (Maseko M, 2012).



#### 4. Education and Stimulation of Children in Memorizing the Qur'an

Listening to the murotal Qur'an from electronic devices such as mobile phones to babies is one of the stimuli to teach the Qur'an to children from an early age. So that the chanting of the Qur'an is often played, the child will carry out the process of recording and memorizing in his memory.

Memorizing is an activity to embed material in memory, so that later it can be reproduced (remembered) literally, according to the original material. Memorizing is a mental process to memorize and store impressions which later if needed can be recalled back to the conscious mind (Djamarah, 2002). Meanwhile, according to Rauf (2004) the definition of memorization is "the process of repeating something either by reading or listening." Any work if it is repeated often, will surely be memorized.

Tahfidz Qur'an in neuroscience review etymologically is a neural science that studies the nervous system, especially studying neurons or nerve cells with a multidisciplinary approach (Pasiak, 2012). In terminology, neuroscience is a field of science that specializes in the scientific study of the nervous system. On this basis, neuroscience is also referred to as the study of the brain and all functions of the spinal cord.

Tahfidz is the process of memorizing something into memory so that it can be said by heart with a certain method. While people who memorize the Qur'an are called hafidz / huffadz. According to Subhi As-Salih in Mabahits fi Ulum Al-Qur'an and Az-Zarqani in Manhali Al-Irfan Al-Qur'an that "the Qur'an is the word of God as a miracle that was revealed to the Prophet Muhammad which was written in the Mushaf and narrated to the Prophet Muhammad. we are mutawatir and reading it is worth worship" (Wahyudi & Wahidi, 2016). Memorizing the Qur'an means reading the Qur'an repeatedly so that it memorizes from one verse to the next, one letter to the next so that it can be pronounced well without looking at the Qur'an (Anwar & Hafiyana, 2018).

The ability of children to memorize the Qur'an can be supported by their nutritional and health status. If the child has good nutritional and health status, and with the permission of Allah, the child will be more easily given the ability to memorize the Qur'an well.

#### 3. Nutritional intake for children and the Qur'an's recommendation to pay attention to our food

Nutrition plays an important role in the first 1,000 days of life. Malnutrition and deficiency of certain nutrients (eg: carbohydrates, protein, iron, vitamin A, and iodine) can cause impaired growth and development of children, and can even cause death. Malnutrition can have a short-term and long-term impact. Likewise with overnutrition, growth and development disorders will be very complex. The consequences of overnutrition can lead to metabolic syndrome in the future. Severity will occur if the improvement of nutritional intake is not carried out optimally (Kementerian Koordinator Bidang Kesejahteraan Rakyat, 2013).

Talking about food will not be separated from the discussion about nutrition and health. Nutritional science is the study of everything about food in relation to optimal health. The word nutrition comes from the Arabic language, namely: "ghidza", which means "food". On the one hand, nutrition is concerned with food and on the other hand with the human body. There are so many verses about food that Allah describes in the Qur'an, it becomes an afterthought for us so that we must really pay attention to these verses. We can study it, recite the verses about the food and learn about it and don't forget to practice and preach it. Like a vehicle, food for our bodies is like fuel for a vehicle. Good fuel will provide good performance for a vehicle, as well as good food will have a good impact on our bodies and health, otherwise bad food will also have a bad impact on our bodies. As a pious Muslim, we should pay attention to what foods we consume.

Allah has said in the letter 'Abasa verse 25: "falyandzuril inssanu ila tho'amihi" means: so, let people pay attention to their food. To be able to pay attention to our food, we must have knowledge, we are all nutritionists for ourselves, we are required to pay attention to the food we consume in terms of substances and how to get it, the benefits and harms for the body and in a balanced amount, so that we can carry out activities and worship and obedience to Allah Aza Wa Jalla. What we should pay attention to from the food we consume:

**Table 5.** The Qur'anic evidence about the command to pay attention to food

Point	Proof	Aim
Substance and how to get it	QS. Al Maidah Verse 88	Taqwa and faith
The benefits and harms of the food for the body	QS. Al-Baqarah Verse 172	Be grateful and truly only worship Allah

Point	Proof	Aim
Balanced amount	QS. Al A'raf Verse 31	Allah does not like people who are excessive

a. Substance and how to get it

Allah says "eat lawful and good food from what Allah has provided for you, and fear Allah in whom you believe". (QS. Almaidah: 88). Allah has permitted and forbidden several types of food to us as a test to us for our obedience to Allah, not all the food we can consume, only food that Allah has made lawful for us Muslims that we are allowed to eat. Allah says: "Indeed Allah only forbids you carrion, blood, pork and animals which when slaughtered are called names other than Allah "... (QS. Al-Baqarah: 173). Let's pay attention to the halalness of our food, the way we get it, moreover, we also give it to our children and wives, so that we only consume what Allah has made lawful for us as proof of our devotion to Allah. are we getting our food the right way?

b. The benefits and harms of the food for the body

Allah has said: "O you who believe, eat of the good food that we have given you, and be grateful to Allah if you really worship Him alone." (QS. Al-Baqarah: 172). Even though the food is halal in substance and the correct way to get it, we are commanded to eat well. Not all halal foods are good for us, we must know the benefits and harms of these foods. For some people, eating sugar is a good thing, but for people who suffer from certain diseases, sugar is a prohibited food even though it is clearly halal.

c. Balanced amount

Allah has said: "Eat and drink, and do not overdo it. Verily, Allah does not like people who are extravagant." (QS. Al A'raf: 31). Alqurtubhi rahimahullah said about this verse, having previously mentioned the makruhnya overeating. "In the behavior of eating little there are many benefits. Among them is a person who has a healthier body, a better memory, a clearer understanding, requires less sleep, and is lighter in spirit." Then he rahimahullah mentioned the dangers of eating too much: by eating a lot, the stomach becomes too full and spoilage occurs from undigested food. from this will arise various kinds of diseases "said the Messenger of Allah: "no son of Adam fills a vessel worse than his stomach. Indeed, it is sufficient for the son of Adam to eat just a few mouthfuls of food that can straighten his spine, and if needed then a third for his food, a third for his drink, a third for air "narrated by Ibn Majah Annasa'i and At Tarmidhi.

## D. Conclusions

The first 1000 days of a child's life are the first 1000 days that are very decisive for the quality of health, growth and development of children at a later age. That fateful day starts from the 9 months pregnancy phase, plus the first 2 years after birth. There are several things that must be done so that the first 1000 days of our child are passed well, namely first, the mother must ensure a balanced nutritional intake during pregnancy plus take vitamins for pregnant women, during pregnancy the mother needs to check with the midwife or obstetrician at least 4 times during pregnancy, secondly prepare for IMD (early initiation of breastfeeding) to ensure the best content of breast milk is drunk by the baby when he is newborn. The first milk that comes out after giving birth is very important for our babies. Furthermore, exclusive breastfeeding is given for 6 months, after that breast milk is given until the age of 2 years equipped with complementary foods (MP-ASI). Mothers also need nutritious food in sufficient quantities so that milk production is maintained and the baby grows healthy, thirdly, weighing the baby's weight regularly every month to the POSYANDU and providing compulsory basic immunization, fourthly providing good education and teaching the Qur'an to children from an early age. and parenting and stimulation of children according to growth, regulating pregnancy spacing and maintaining sanitation and hygiene so that children are not susceptible to infectious diseases and diarrhea. So, it is hoped that the child can become a memorizer of the Qur'an and have a good level of mental and spiritual health.

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